I claim:

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1. A transformer comprising:

a foil winding having an end portion including one or more layers, at least one of said layers being divided to form a plurality of strips having conductive opposite sides;

wherein at least one strip is folded and at least one other strip is folded over said at least one strip to form a conductive stack portion; and

wherein said conductive stack portion extends from said transformer and is secured to a mounting board.

- 2. The transformer of claim 1, wherein said conductive stack portion is secured to the mounting board by inserting an end of the conductive stack portion through a hole in the mounting board and at least two of said plurality of strips are bent in opposing directions to create a gap therebetween to secure the conductive stack portion to the mounting board.
- 3. The transformer of claim 2, wherein said end of the conductive stack portion is trimmed by removing a part thereof to facilitate insertion into said hole in the mounting board.
- 4. The transformer of claim 3, wherein said end of the conductivestack portion is trimmed into at least two leg portions.

- 5. The transformer of claim 1, further comprising a bobbin having a discontinuous flange with at least one section that is orthogonal to a main axis of the bobbin.
- 6. The transformer of claim 5, wherein said discontinuous flange further comprises at least one section that is parallel to the main axis of the bobbin.

7. A coil comprising:

a foil winding having an end portion including one or more layers, at least one of said layers being divided to form a plurality of strips having conductive opposite sides;

wherein at least one strip is folded and at least one other strip is folded over said at least one strip to form a conductive stack portion; and

wherein said conductive stack portion extends from the coil and is secured to a mounting board.

8. The coil of claim 7, wherein said conductive stack portion is secured to said mounting board by inserting an end of the conductive stack portion through a hole in the mounting board and at least two of said strips are bent in opposing directions to create a gap therebetween to secure the conductive stack portion to the mounting board.

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- 9. The coil of claim 8, wherein said end of the conductive stack portion is trimmed by removing a part thereof to facilitate insertion into at least one hole in the mounting board.
- 5 10. The coil of claim 9, wherein said end of the conductive stack portion is trimmed into at least two leg portions.
 - 11. The coil of claim 7, further comprising a bobbin having a discontinuous flange with at least one section that is orthogonal to a main axis of the bobbin.
 - 12. The coil of claim 11, wherein said discontinuous flange further comprises at least one section that is parallel to the main axis of the bobbin.

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